

A Detective Problem

By T. C. ARNOLD

"John," said my chief, "they want a man at Burnet station to investigate a trouble they're having there. Some one is committing incendiary acts, and they can't find out who is doing it. Go down there and see if you can do anything for them."

I hadn't been long in the detective business and was ambitious to show some ability in the case with a view to promotion to more important cases and better pay. I reached Burnet in the afternoon and met the gentlemen who had sent for a detective. They told me that the fires invariably occurred at night, never in the daytime. I asked them why they hadn't established a watch, and they said the matter did not occur often enough to warrant their doing so, there having been only three or four cases during a year. There were only a few policemen in the town, not enough to light upon the incendiary except by accident. I asked them if the burnings were confined to Burnet, and they replied that a blacksmith shop during the time of their occurrence had been set afire in the next station below, Wharton. That was the only case they knew of. No one was suspected, no stranger had been seen loitering about, and they didn't believe any one had come into the town to do the damage.

The case for me seemed hopeless. I could see no way to solve it except by keeping watch, and another outrage might not occur within two or three months if at all. Nevertheless I didn't like to go back to report that I hadn't made an effort, so I concluded to settle myself in the town for a week. The hotel was a very poor one, and one of the men, Mr. Aborn, who had sent for me offered to take me into his home. I accepted and was in no hurry to get away, for his daughter, Alice, a girl of nineteen, took my fancy, and while pretending to investigate the incendiary case I was really dawdling about with her.

Miss Aborn, it is true, took a great interest in the matter about which I had come to Burnet, or, rather, the detective features pertaining to it. I was the first one of the profession she had ever met, and I was quite a curiosity to her. She wished to know my methods in the case I was supposed to be working on, but I told her that detectives had no confidants.

At the end of the week I returned to headquarters and reported no progress. Before leaving Burnet Alice Aborn told me that she was going over to Wharton to visit a cousin for a few weeks. To please her I told her she might try to find out something about the fire that had occurred there. She was delighted at the commission and promised to do all she could to find a clue.

I hadn't been away from Burnet more than three or four days when I received a telegram that another mysterious fire had occurred at Wharton. I took a train for that point at once and, entering the town in the morning, I began to snoop around for what I could find out. But my inco did not last long, for I met Alice Aborn on the street. I asked her if she had learned anything, and she admitted she had not. I was not disappointed, for I had expected nothing from her.

After a couple of days spent at Wharton without results I went over to Burnet on a train with Alice. She told me she had thought so much about the incendiary cases that on several occasions she had dreamed she had herself set fire to buildings. When I asked her if these dreams had occurred about the time the fires had taken place she said she didn't remember, except in the last one that had just passed. She had one of her incendiary dreams on the very night this fire occurred.

A very remarkable suspicion entered my head. Could Alice be unconsciously the incendiary? Nonsense! How could she get out of bed in the middle of the night and, unseen, go and set fire to a building? But I could not get her dreams out of my head and the fact that a fire had occurred at Wharton just when she was there. I asked her where she had been when the former fire had occurred there, and after a little thought she said that on that occasion she had also been at Wharton.

From that moment there was no doubt in my mind that while in some abnormal condition Alice Aborn in her sleep had succeeded in escaping from her home unknown to any one in it and had set fire to the buildings burned. As soon as we reached Burnet I had an interview with her father, told him of my suspicions and suggested his setting a watch upon his daughter. Then I took my leave and reported the case to my chief.

Three months from that date I received a letter from Mr. Aborn informing me that during the previous night his daughter had walked in her sleep and had been stopped just as she was about to set fire to an old stable. She slept in a wing of the house and could get out of her window on to a shed and thence to the ground and return. After my suggestion her sister had slept with her and had seen her get up and go out of the window. The sister had called the father. Alice had been followed and awakened before the fire was lighted.

Alice eventually recovered from her somnambulistic tricks and is now my wife.

A CARD

We, the undersigned, do hereby agree to refund the money on a 50-cent bottle of Greene's Warranted Syrup of Tar, if it fails to cure your cough or cold. We also guarantee a 25-cent bottle to prove satisfactory, or money refunded. Red Cross Pharmacy, E. A. Brown, C. H. Kendrick & Co., D. F. Davis, George L. Edson, J. D. McArthur, W. B. Miles & Co., McAllister Bros., D. C. Howard, J. A. Cummings, Barre Drug Store, J. W. Parmenier.

WHAT WORRY DOES

Coupled With Overwork It Will Cause a Complete Nervous Breakdown.

A little worry does a great deal of harm. Overwork and worry give rise to nervousness, headaches, sleeplessness, lack of ambition, lack of interest in your work, weak back, indigestion and sometimes a complete breakdown of the nervous system. If these are your symptoms, you need a tonic. The best way to tone up the nerves is through the blood. Dr. Williams' Pink Pills for Pale People are a direct nerve tonic because they enrich and build up the blood. Under their tonic influence nervousness and all the other evils of worry and overwork quickly disappear. They restore the digestion and enable the body to take full advantage from the food eaten.

Mrs. C. W. Needles, of No. 125 Grube Road, Springfield, Ohio, says: "I was all run down and felt miserable for six years. I was nervous and would tremble like a leaf when excited. I had no appetite and was troubled with gas on the stomach after eating. I did not have any color. Occasionally I had sick headaches and dizzy spells, which I think were caused by my stomach being out of order. I felt tired and exhausted most of the time, had no strength and no ambition to work and wanted to be alone. A friend told me to try Dr. Williams' Pink Pills for Pale People. She said they had done so much for her. I used them with great satisfaction for they permanently cured me. I have no more trouble with my stomach, my cheeks have a good color and I have more than regained my lost weight. I certainly can recommend Dr. Williams' Pink Pills for Pale People."

Dr. Williams' Pink Pills for Pale People are the one true tonic. They are guaranteed to be free from any harmful or habit-forming drugs. They have given the most gratifying results in nervous headaches, neuritis, nervous dyspepsia, St. Vitus' dance, and even in partial paralysis and locomotor ataxia. For a full statement of this treatment write for the free booklet, "Diseases of the Nervous System, Their Nature, Symptoms and Treatment." Send today, a postal card will do.

Start today to cure yourself with Dr. Williams' Pink Pills for Pale People. They are for sale by all druggists, or will be sent, postpaid, upon receipt of price, 50c. per box; six boxes for \$2.50, by Dr. Williams Medicine Company, Schenectady, N. Y.

WHERE CUPID REIGNS.

Love Making Seems to Be a Sort of Mania in Spain.

Writes one who has traveled much in Spain: "As the majority of Andalusian girls are engaged at the age of seventeen, the senoritas do not go to many dances, for a Spaniard would as soon allow his fiancée to dance with another man as he would let her wear a harem skirt or ride a bicycle. At their parties Spanish girls get unbounded admiration, and a senior who had reached the age of nineteen and talked to a girl without trying to make love to her would be considered gauche in the extreme. The guests are given nothing to eat on these festive occasions, glasses of cold water being simply handed round when they are leaving."

"Love is an all absorbing topic in this amorous land of orange flowers and revolutions. In Spain we do not talk of money; we talk of love, a Spaniard once said to me. He was right, for love is the beginning and end of every Spaniard's thoughts. On the feast days the young men play no games, preferring to stand about and see the girls pass, and in every daily newspaper you will read of duels fought for some fair senorita's favors. 'The typical senior falls in love fifty times a year with a newness and a passion that has in it something of molten lava and is about as durable. A pair of laughing eyes once seen at a window, a glimpse of a pretty face in the street, and he counts his world well lost. Spain is the most marrying country in Europe.'—Chicago News.

A Tennyson Story.

One of Tennyson's friends asked a cabman of Freshwater, "Whose house is that?" Cabman—"It belongs to one Tennyson. Friend—He is a great man, you know. Cabman—He is a great man! He only keeps one manservant, and he don't sleep in the house!—Bookman."

"Clean Up the Bowels and Keep Them Clean"

There are many remedies to be had for constipation, but the difficulty is to procure one that acts without violence. A remedy that does not perform by force what should be accomplished by persuasion is Dr. Miles' Laxative Tablets. After using them, Mr. N. A. Waddell, 315 Washington St., Waco, Tex., says: "Almost all my life I have been troubled with constipation, and have tried many remedies, all of which seemed to cause pain without giving much relief. I finally tried Dr. Miles' Laxative Tablets and found them excellent. Their action is pleasant and mild, and their chocolate taste makes them easy to take. I am more than glad to recommend them."

"Clean up the bowels and keep them clean," is the advice of all physicians, because they realize the danger resulting from habitual constipation. Do not delay too long, but begin proper curative measures.

Dr. Miles' Laxative Tablets are a new remedy for this old complaint, and a great improvement over the cathartics you have been using in the past. They taste like candy and work like a charm. A trial will convince you.

Dr. Miles' Laxative Tablets are sold by all druggists, at 25 cents a box containing 25 doses. If not found satisfactory after trial, return the box to your druggist and he will return your money. DR. MILES MEDICAL CO., Elkhart, Ind.

ALLENS ELUDE MAN HUNTERS

Gov. Mann Issues Proclamation Offering \$4,000 Reward

THEY'LL FIGHT TO DEATH

All That the Posse Got for Yesterday's Search Was 'Some Moonshine Whiskey Secured in the Mountain Region of Virginia.

Hillsville, Va., March 19.—Another day's chase of the courthouse assassins brought the posse back last night weary and empty-handed, their only catch being a few gallons of moonshine whiskey.

Governor Mann has issued a proclamation increasing the total rewards to \$4,000 for the outlaws' capture dead or alive. People here declare no Allen was ever arrested while he could fight and none will be. The posse believes it.

Floyd Allen, the outlaw, whose sentence by the court provoked the tragedy, lay in jail with a broken leg and bullet wounds fretting him. He moaned that he wished he had followed his wife's advice.

The detectives believe that the outlaws have settled on a plan of action for the campaign. It was learned that the entire clan, under the leadership of Sid Allen, left their stronghold on Saturday and gathered at the home of Allen, regarded by the authorities as the most dangerous member of the clan. Here the subject of action was discussed and it was decided to fight to the death. Jack Allen is regarded as one of the brainy men of the clan. It is believed that he absented himself from the raid on the courthouse so that he would be free to move about the country, thus being of immense assistance to his brothers, and able to look after their property while they were defending themselves in the mountains.

Courthouse Murders Probably Planned. That the courthouse murders were planned in advance and everything that could possibly aid in the carrying out of the plans formed for the wiping out of the county authorities carefully considered is no longer doubted by those who have charge of the prosecution of the state's case against the accused men. It is said that the clan even wrote to Sheriff Webb, telling him that unless the court officers left their rifles at home, the Allens would not appear at the trial. Despite the advice of his friends, the sheriff heeded the clan's warning and at the trial he and his deputies were armed only with revolvers.

The Allens knew that they could not carry rifles into court themselves, and they planned not to be taken at any disadvantage. Floyd Allen, his son Victor, and Byrd Marmon, indicted by the grand jury, are in jail at Roanoke. Old Floyd, who has made many threats of suicide, is under close guard, the authorities fearing that he may find some means of carrying his threat into effect. The prisoners are all closely guarded, the guards being changed every three hours. On the orders of Judge Staples no one is allowed to have any communication with the prisoners.

The army of detectives scouring the hills for the outlaws, realized yesterday that they have a hard task before them. It is admitted that the band might remain in the thickly wooded mountain indefinitely, and that their capture will only be accomplished by patient work on the part of the detectives. It is the plan of the detectives to proceed cautiously and pick off the outlaw band one by one until all have been captured or killed.

Meanwhile the state authorities are planning to cripple the Allens in another manner and cut off their supplies. It was announced Sunday that damage suits would be immediately instituted against the Allens by the executors of the estates of those who lost their lives as a result of the shooting, each suit being for \$10,000. Besides the clan members will have to answer to seven or eight suits instituted by persons who were wounded in the courthouse fight or in the fighting since the murder. With the filing of the suits, attacks will be issued against the property of the Allens under the Virginia law. This will successfully cut off the source of supply of the band and handicap them seriously.

The capture of the outlaws alive will be the aim of the state authorities. If the men indicted for the murder can be captured and brought to trial and punished by the state, it is believed that the effect in increasing the respect for the law among the mountaineers of Virginia will be greatly increased.

Five of the men indicted for murder in the first degree by the grand jury are still at large. They are Sid Allen, Claude, a son of Floyd; Fred and Wesley Allen and Sid Edwards. Two bands of detectives and deputies, about forty strong, are looking for these men and are determined to get them. The two bands are working together and keeping in touch with each other.

With the waning of the Allen's star, as the result of the courthouse murder, stories of members of the clan are cropping up which show that they completely dominated the life of this portion of the state for the last twenty-five years. The clan had no regard for law or the rights of others, but ruled by the right of their rifles. Through their peculiar code of honor that bound them to aid each other to the death in case of trouble, the Allens were able to hold control of their little principality, and it is thought that they will go down with rifles in their hands, fighting for that supremacy which they have so long maintained.

A Musical Rebuke.

As to the possibility of humor in music the London Telegraph says: "If composers and performers had more of the sense of humor music's appeal would be immensely wider. The truth is that musical performers are far too apt to take themselves too seriously." The solemn attitude of some musicians toward their art was humorously rebuked recently by a well known New York pianist, who remarked to his gifted wife, also a pianist, at the conclusion of a performance by the latter: "My dear, don't look so solemn! Music isn't a funeral; music is a joke!"

Try This Home-Made Cough Remedy

Costs Little, But Does the Work Quickly, or Money Refunded.

Mix one pint of granulated sugar with 3/4 pint of warm water, and stir for 2 minutes. Put 1/2 ounces of Pinex (fifty cents' worth) in a pint bottle; then add the Sugar Syrup. Take a teaspoonful every one, two or three hours.

You will find that this simple remedy takes hold of a cough more quickly than anything else you ever used. Usually ends a deep seated cough inside of 24 hours. Splendid, too, for whooping cough, croup, chest pains, bronchitis and other throat troubles. It stimulates the appetite and is slightly laxative, which helps end a cough.

This recipe makes more and better cough syrup than you could buy ready made for \$2.50. It keeps perfectly and tastes pleasantly.

Pinex is the most valuable concentrated compound of Norway white pine extract, and is rich in quaiacal and all the natural pine elements which are so healing to the membranes. Other preparations will not work in this formula. This plan of making cough syrup with Pinex and sugar syrup (or strained honey) has proven so popular throughout the United States and Canada that it is often imitated. But the old, successful formula has never been equaled. A guarantee of absolute satisfaction, or money promptly refunded, goes with this recipe. Your druggist has Pinex or will get it for you. If not, send to The Pinex Co., Ft. Wayne, Ind.

Mr. Fergusson of New Mexico.

When New Mexico sent its first delegation to a state to the national house of representatives it impartially divided its two congressmen between the old parties, electing George Curry, a Republican and former territorial governor, and Harvey Butler Fergusson, Democrat. Both are old time residents of the state and have been prominently identified with its affairs.

Congressman Fergusson is a native of Alabama, where his boyhood days were



Photo by American Press Association. HARVEY B. FERGUSSON.

spent. After passing through the public schools he went to Washington and Lee university, Virginia, from which he was graduated in 1873, subsequently taking a postgraduate course in Greek and the modern languages. He was admitted to the bar in 1874 and began the practice of his profession in Wheeling, W. Va. In 1884 he removed to Albuquerque, where he has since resided. He took a prominent part in the agitation to make New Mexico a full fledged state and represented the territory as a delegate to the Fifty-fifth congress. Mr. Fergusson has always been active politically and was formerly a member of the Democratic national committee.

Hewitt—Nature is a wise guy. Hewitt—Not always. Why give a porcupine quills when he can't write?—New York Press.

FREE ADVICE TO SICK WOMEN

Thousands Have Been Helped By Common Sense Suggestions.

Women suffering from any form of female ills are invited to communicate promptly with the woman's private correspondence department of the Lydia E. Pinkham Medicine Co., Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence. A woman can freely talk of her private illness to a woman; thus has been established a confidential correspondence which has extended over many years and which has never been broken. Never have they published a testimonial or used a letter without the written consent of the writer, and never has the company allowed these confidential letters to get out of their possession, as the hundreds of thousands of them in their files will attest.

Out of the vast volume of experience which they have to draw from, it is more than possible that they possess the very knowledge needed in your case. Nothing is asked in return except your good will, and their advice has helped thousands. Surely any woman, rich or poor, should be glad to take advantage of this generous offer of assistance. Address Lydia E. Pinkham Medicine Co., (confidential) Lynn, Mass.

Every woman ought to have Lydia E. Pinkham's 80-page Text Book. It is not a book for general distribution, as it is too expensive. It is free and only obtainable by mail. Write for it today.

TAXI ROBBERS PLEAD GUILTY

Albrozzo and Lamb Confess Their Implication

IN THE \$25,000 ROBBERY

There Was No Imposition of Sentence Following Their Pleas Yesterday, Cases Being Postponed at Request of the Prosecution.

New York, March 19.—"Little Jess" Albrozzo, who testified at the trial of Geno Montani, convicted on Saturday of robbery in the first degree for his part in the robbery of two bank messengers of \$25,000 in Church street on Feb. 15, pleaded guilty yesterday to robbery in the second degree. "Scotty" Joseph Lamb, also one of the gang of young desperadoes implicated in the holdup and who likewise turned state's evidence against the chauffeur of the taxicab, pleaded guilty yesterday to the same offense.

Both prisoners were arraigned before Justice Seabury in the criminal branch of the supreme court, where Montani was also tried. At the request of Assistant District Attorney Nott, the prosecutor of Montani, the imposition of sentence on Albrozzo and Lamb was postponed until March 25. No explanation was offered by Mr. Nott for the delay, but it was supposed he preferred to wait until Montani has been sentenced.

In giving their pedigrees, Albrozzo said that he was 26 years old, lived at 87 Third street, and had never been convicted of any crime prior to this. Lamb gave his age as 28 years, 53 Washington square as his address, said he was a pantryman and had never before been convicted.

"Little Jess" admitted on the witness stand at the trial of Montani that he had rounded up the members of the gang at the instigation of the chauffeur. Lamb testified that he had been assigned to the role of stumbling in front of the taxicab in order to offer a plausible excuse for Montani to slow down the machine and afford the bandits an opportunity to enter the cab. Lamb declared that he was promised \$25 for his acting, but owing to the fact that a truck got in front of the taxicab at the psychological moment, he did not receive his stipend.

With the conviction of Geno Montani late on Saturday evening, the punishment of practically all the young desperadoes who participated in the notorious hold \$25,000 taxicab robbery on Feb. 15 is assured. Montani was the chauffeur and owner of the taxicab in which the two messengers of the East River National bank were blackjacked until unconscious and separated from the fortune in Church street. He was accused of being the originator of the plot and the ringleader of the highway-men by three of the self confessed members of the gang. The jury was out two hours, reporting to Justice Seabury in the criminal branch of the supreme court at 6 o'clock on Saturday evening that it had found Montani guilty of robbery in the first degree. The verdict was supplemented by a recommendation for mercy.

Justice Seabury congratulated the jurors, commenting that their verdict was the only one possible from the evidence adduced. Then he remanded the chauffeur to the toms to await the imposition of sentence some day this week. Former Justice of the municipal court George F. Roese, counsel for Montani, signified his intention of appealing from the conviction, chiefly on the ground that his client was found guilty almost solely on the testimony of crooks. Mr. Roese maintained that Montani was being made the scapegoat of the robbers, who turned state's evidence to get themselves off lightly.

BUY VALUABLE MARBLE LAND.

Green Mountain Company Acquires 200 Acres in Rutland County.

Rutland, March 19.—The Green Mountain Marble company, who recently leased the plant of the Columbian Marble Quarrying company of this city, have this past week secured two valuable parcels of real estate. One is the land known as the "Parnalee farm," situated in the southwest part of Brandon and about a mile from the village. This farm includes over 200 acres on which has been found several valuable veins of marble including the so called bardillo and hollister varieties. It is also claimed by the company officials that the property contains one of the largest and most valuable deposits of statuary white marble known in the country.

There are three distinct white layers running through this land from north to south and all within 75 feet of each other east to west. The combined width of these layers comprise over 40 feet.

It has been conceded by marble experts and some of the leading geologists, including Prof. W. O. Crosby, a member of the faculty of the Massachusetts Institute of Technology, that this deposit of statuary white marble is a finer grade than that found in the West Rutland quarry. The deposit was discovered by the Thomas Dever of Brandon from which the property was purchased.

Some testing and exploring was done and within a few days men will be put to work stripping the statuary white deposit preparatory to quarrying the valuable stone. The amount paid for this land was not made known, but it is known that it involved several thousand dollars. It is the intention of the company later to build a spur track from the main field of operation. The company have also taken title to land known as the Henry L. Gleason farm, located on the Mendon road. This property consists of several hundred acres and is known throughout this section on account of its valuable deposits of sand. The land contains an unlimited output of the material.

The company commenced operations at the old Columbian plant the latter part of December, 1911, and are now employing nearly 150 men. Many new families are moving into town and house rent in that section has been considerably advanced. Twenty new pupils have entered the Watkins school within the past two months.

The company also have a mill at Dorset which will eventually be moved to this city.

Pleasant, Refreshing, Beneficial.

Syrup of Figs and Elixir of Senna appeals to the cultured and the well-informed and the healthy because its component parts are simple and wholesome and because it acts without disturbing the natural functions, as it is wholly free from every objectionable quality or substance. In its production a pleasant and refreshing syrup of the Figs of California is united with the laxative and carminative properties of certain plants known to act most beneficially, on the human system, when its gentle cleansing is desired. To get its beneficial effects, always buy the genuine, for sale by all reputable druggists; one size only, price fifty cents a bottle. The name of the company—California Fig Syrup Co.—is always plainly printed upon the front of every package of the genuine.



California Fig Syrup Co.

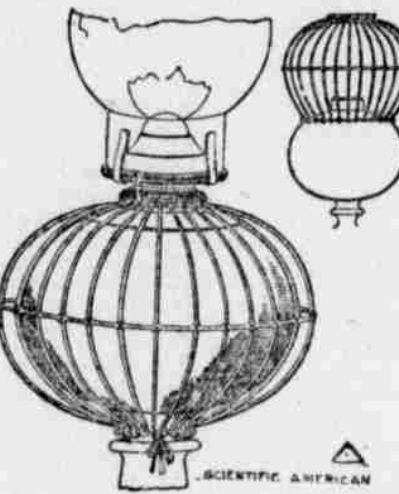
LOUISVILLE, KY.

SAN FRANCISCO, CAL.

NEW YORK, N. Y.

HINTS FOR THE BUSY HOUSEWIFE

Metal Protector to Guard Lamps From Breaking.



The attachable lamp protector here illustrated is the invention of a Georgia man. It is intended for use on fluid burning lamps, and more particularly it refers to a simple and effective means which may be quickly attached to a lamp whereby the oil containing receptacle, which is generally made of glass, may be protected against breakage and the danger resulting in an explosion of the lamp. The larger of the accompanying engravings shows a side view of a table lamp provided with the protector, while the smaller one is a side view of a lamp in position for placing the protector thereon. To attach remove the burner, press the ribs down over the neck of and around the globe of the lamp and tie the ends with cord at the base of the globe. To detach untie the cord, lift up and off.

Broiled Bananas With Bacon.

Two bananas, two slices best bacon, one-half bunch chives; select firm bananas, peel and split through the center lengthwise. Arrange upon a broiler with cut surface uppermost. Cut the bacon into narrow strips and arrange on the bananas. Close the broiler and broil over coal or under gas flame until the bacon is crisp and the bananas well cooked (about ten minutes). If coal is used be careful to avoid smoking the bananas. Serve on a hot platter garnished with chives.

Marshmallow Filling.

Dissolve five teaspoonfuls of powdered gum arabic in a half cupful of cold water, add half a cupful of powdered sugar.

Mock Maple Syrup.

One cupful of white sugar, two cupfuls of brown sugar, one and one-fourth cupfuls of boiling water. Boil three or four minutes. When cool add one teaspoonful of vanilla and put into jars.

A Tree that gives thee shade, do not order it to be cut down.—Arabian.

Doctors Use This for Eczema

Dr. Evans, Ex-Commissioner of Health, says: "There is almost no relation between skin diseases and the blood." The D.D.D. Prescription is as much a specific for eczema as quinine for malaria. I have been prescribing the D.D.D. remedy for years." It will take away the itch the instant you apply it.

Dr. Holmes, the well known skin specialist writes: "I am convinced that the D.D.D. Prescription is as much a specific for eczema as quinine for malaria. I have been prescribing the D.D.D. remedy for years." It will take away the itch the instant you apply it.

In fact, we are so sure of what D.D.D. will do for you that we will be glad to let you have a \$1 bottle on our guarantee that it will cost you nothing unless you find that it does the work.

Burt H. Wells, 100 North Main street, Barre, Vt.

Tested the Whole World Over

and through three generations Beecham's Pills are universally looked upon as the best preventive and corrective of disorders of the organs of digestion and elimination ever known. They give speedy relief from the headaches, sour stomach, indigestion due to biliousness or constipation.

BEECHAM'S PILLS

are no experiment. They are too well known for that; and their mild and gentle, but sure action on the bowels, liver, kidneys and stomach, too well approved.

If you are out of sorts take at once this famous remedy and you will endorse the good opinion of thousands—you will know why Beecham's Pills so deservedly

Have Unequaled Reputation

Sold everywhere, 10c., 25c. The directions with every box point out the road to health.